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SKY RANGER

NAS Fort Worth JRB, Texas

Vol. 67, Issue 11-12



MWR Provides Ice Skating on Base

BY KATHLEEN BYNUM

With a nod to winter sports, NAS Fort Worth JRB's MWR is presenting two days of free ice skating on base!

Artificial Ice Events, the nation's largest synthetic ice rental company, will set up and install an artificial ice surface that requires no water or refrigeration, according to a news release. It's a totally synthetic ice surface which uses "new technology that closely resembles the skating experience of real ice."

The "rink" will be set up in the TexPlex parking lot, and in case of inclement weather, the alternate rink will be in the Fitness Center at the basketball court.

SEE PAGE 7



Active Shooter Training Teaches Response to Security Threats on Base

BY AZ2 CRYSTAL S. JANES, FRC WEST

On Nov. 5, 2009, America stood by in horror after the devastating shootings at Army Post Fort Hood near Killeen, which left 13 people dead and 32 wounded. Suspect Maj. Nidal Hasan is accused in the worst attack on a military installation in history.

SEE PAGE 16

AAFES Facelift Begins with Food Court

BY MC2 (AW) BRADLEY DAWSON

Keep an eye out for a new food vendor in the PX parking lot while the food court is closed – negotiations are in progress for even more vendor options, according to Katrina Jones, AAFES service business manager.

"Taqueria Xochomilco has fajitas, tacos, rice and beans for about \$5.99 a meal," she said. "Prices range from \$1.25 for a taco all the way up to \$9.99 for a half pound of fajitas."

SEE PAGE 7



Toys for Tots Needs Donations, Volunteers

Annual Toy Drive Hits 63 Year Mark

BY KATHLEEN BYNUM

The annual Marine Toys for Tots Foundation campaign is well under way, but it is not too late to donate or volunteer.

What started back in 1947 by Marine Corps Reservists in Los Angeles who wanted to provide toys for needy children, and initially raised 5,000 toys, has morphed into 16 million toy donations in 2009.

That means that 7½ million children across the United States had Christmas gifts they may not have otherwise received.

Nationally, more than 700 Toys for Tots campaigns exist.

The DFW campaign is expansive, reaching 16 Texas counties, including: Tarrant, Dallas, Johnson, Denton, Parker, Wise, Collin, Pala Pinto, Hood, Erath, Ellis, Navarro, Kaufman, Hunt, Rockwall and Jack. It is the largest campaign in the nation, said DFW Toys for Tots Coordinator Maj. Allen Porter, VMFA-112. It's by far the biggest Marine Corps Reserve project nationally, he added.

As one can imagine, with a massive-scale project, many volunteers are needed.

The DFW program had about 1,500 volunteers last year "and we still needed more," Porter said.

Locally, the DFW Toys for Tots campaign collected more than 220,000 gifts in 2009, which meant that about 110,000 children had Christmas, he added. Those gifts were distributed among 114 local charities.

While the campaign requires toys for all ages, traditionally the program sees a specific need for toys for boys and girls from age 9 to 12 and newborns to 3-year-olds.

Donated toys should be new and unwrapped because they need to be inspected for appropriateness and to ensure they are not on a prohibited safety list.

Not sure what to donate? Check out the official Web site, www.toysfortots.org. (Look under the "About Toys for Tots" tab; go to "Toys for Tots Foundation" tab; next go to "Educating the Public" tab, scroll to the bottom and look for Toy Information.)

To donate toys on base, go to the Exchange or bowling alley.

Other citywide drop off points for toys in-



Runners in the 2009 Marine Corps Reserve Toys for Tots 5K and fun run take to the course.

PHOTO BY MANUEL ORTIZ

clude national sponsors Pier 1 Imports, Toys R Us, Discount Tire, Walgreens and IHOP, according to Porter. The group will collect toys until Dec. 14, he added.

For details, see www.dfwtoysfortots.org. To volunteer, call 817-281-9076.



THE 5TH ANNUAL MARINE CORPS RESERVE TOYS FOR TOTS 5K RUN/ WALK

Who: Toys4totsarlington.com

When: Saturday, Dec. 11, 2010

Where: Randol Mill Park

North Arlington

Time: 8:30 a.m. 1K; 9 a.m. 5K

Details:

www.toys4totsarlington.com

SKY RANGER

NAS Fort Worth JRB, Texas

The Official Base Newspaper of Naval Air Station
Fort Worth Joint Reserve Base, Texas

Naval Air Station Fort Worth Joint Reserve Base
Commanding Officer
Capt. T.D. Smyers

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CAPTAIN'S LOG: WHAT A YEAR!

BY CAPT. T.D. SMYERS

I'm not usually a fan of looking back; it's something I was taught never to do when I ran track as a young man.

In the Navy, however, I've come to learn that we can tell a lot about the direction we're going by looking at our wake.

As we approach the end of 2010, I thought it might be good to do a quick review, in no particular order, of some recent team accomplishments in base resources; unit/warfighter readiness; and family readiness.

- Opened a brand new, state-of-the-art tower
- Repaired our taxiways and restriped our airfield
- Achievement of OSHA VPP Phase I "Challenge Program"
- CNIC NGI&S Housekeeper of the Year: Avidane Vrbani
- DOD Civilian Fire Officer of the Year: Paul Murray
- CNRSE Moral, Welfare and Recreational Manager of the Year: Daphne Salinas
- Opened a brand new Aquatics Center and hired director Luene Rice
- Added new Captain's Cup



intramurals

- Established the Joint Resiliency Support Team (JRST)
- Established the Comm Circle – a joint cooperation of family readiness pros
- Expanded our family counseling capability
- Added Advanced Life Support to our base with two ambulances and paramedics
- Built a fleet of MWR rental boats – speed, pontoon, paddle and kayaks
- Switchfoot in concert!
- Base children's performance of *A Christmas Carol*

- Established a Powder Puff Football competition
- Authored a new, mission-focused 30-year Master Plan
- Celebrated 16 years as a Naval Air Station!
- Reinvented our aging conference center into Lone Star Center

- Added drug and explosive detecting dogs to our security team

- Established a robust, effective physical readiness program

- Halted incompatible development around our base and built community partnerships

- Established a Ball Gown Giveaway event for families from all services

- Base newspaper, *Sky Ranger*, moved from online to print

I could go on to fill several pages of this month's *Sky Ranger*, but you get the picture. 2010 was a banner year, but it mainly served to validate our business model – innovative approaches to problem solving and credible, compelling pursuit of resources.

If you think '10 was great, wait till you see '11!



CO's Suggestion Box

Place window tent on Barber Shop windows. During sunset, the barbers cannot see [because of] the bright sun. This distracts from the quality of haircut and barber services.

This is exactly the kind of input the CO's Suggestion Box is intended for. I've discussed this with AAFES Director Dave Moring, and the project is a "go." The alternative was to play jazz music and give the barbers sunglasses, but tinting won out!

I saw the CDC offered child care during the Navy Ball; the Air Force 301st Fighter Wing gave tickets to its members to attend the Sky Ball ... who could the AF have called to coordinate [child care]?

Several hundred warriors, from all services on base, were invited to, and attended, Sky Ball. A private function put on by the Fort Worth Air Power Council as their primary annual fundraiser, Sky Ball is classified as a widely attended gathering; open to all military while ticket supplies last. Although attendance by military personnel is authorized, it's not a base function. While the CDC has made special arrangements for specific service events like the balls, dining-ins, etc. in the past,

no such arrangements have been made for Sky Ball to date. However, since it's gained in popularity, I've kicked the idea over to our MWR Department for future consideration.

Powder Puff Football was a total success thanks to MWR's support! The bounce houses were great for the kids and drinks provided were also helpful!

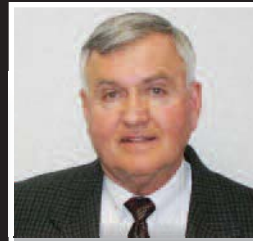
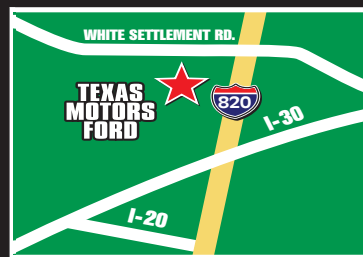
Thanks for the positive feedback on MWR! They're really working hard for the base, and it's good to hear they're making great stuff happen. Powder Puff, in particular, is an example of how far our interservice cooperation has come. Some enterprising Marine FROs worked with MWR to start something fun and enduring. Another example is the recent Kid's Halloween Party; MWR expected about 120 kids but actual attendance exceeded 500! Stay tuned for more cool happenings from our re-energized MWR Department.



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Public Works Gains Recycling Manager

BY KATHLEEN BYNUM

Recycle. Reduce. Reuse.

That's the mantra of the new recycling manager at the Public Works department.

Civilian Ron Estilow, 52, of Mesquite, brings 20 years of experience to the NAS Fort Worth JRB recycling program.

"I started as a recycling claimer and moved up to operations manager," Estilow said. "My job here is to reduce landfill and raise awareness."

He added, "Landfill life should be about 100 years."

But that's not the reality, as some are filling up before they should, he said, and we can all help by being more conscious of how we use everyday items.

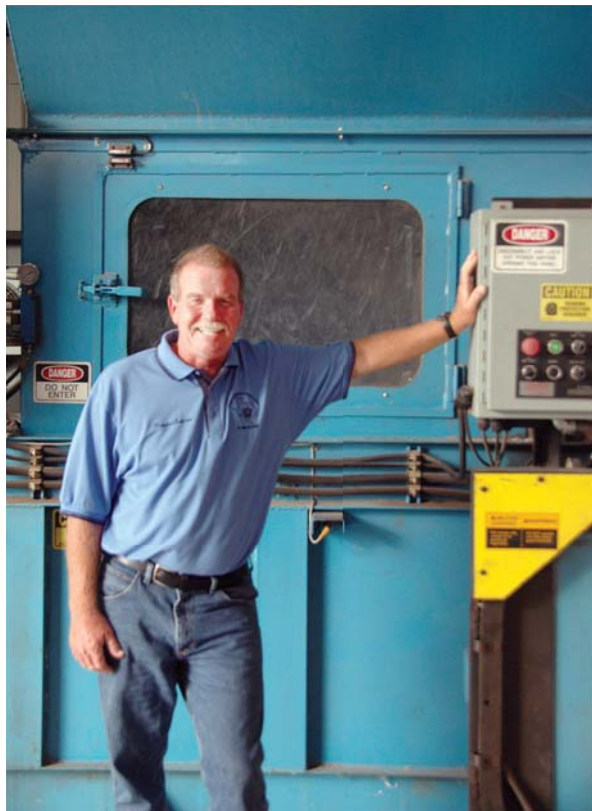
Estilow plans to increase recycling on base and said there's much more everyone can do to lessen one's carbon footprint.

Each command has a central recycling space. Once people take their recycling to that central location, Public Works picks it up.

"We'll send out someone to gather the recycling [from each command]," he said.

People interested in recycling should ask their chain of command about locations for recycling.

continued on page 17



Recycling Manager Ron Estilow stands near the hopper for cardboard. The recycling center bundles cardboard, which once compressed can weigh up to a ton, and then sells that to Evergreen Recycling Company. PHOTO BY KATHLEEN BYNUM



NAS Fort Worth JRB gets first 'green' parking structure near library

BY KATHLEEN BYNUM

Taking a step closer to being more energy efficient, NAS Fort Worth JRB will soon have its first solar-paneled, or photovoltaic array, parking structure.

"A 10 kilowatt photovoltaic (PV) array [is nearing completion] in the parking lot near Building 1802, the base library," said Resource Efficiency Manager Nelson Wells in a recent email. "The PV array will consist of a covered parking support structure system with framed PV modules attached to its roof."

Wells, a former Navy Civil Engineer Corps officer who has been the REM for two years, said this project, costing an estimated \$150,000, is part of a base-wide \$7.1 million energy savings performance contract.

"The overall project is expected to be complete in August of 2011," Wells said, but the parking garage should be finished and operational well before Christmas.

Overall, 48 modules will be installed, each capable of producing about 200 watts of peak elec-

tricity, Wells continued.

The structure will consist of six covered parking spaces, two of which will be available to handicapped drivers.

The benefits of such as the parking garage are tri-fold.

"It enables the base to take a small, but important step towards achieving the goals of the DOD energy policy, which has required each service to produce renewable energy equal to 25 percent of total energy consumed, by 2025," Wells said. "We make a small step towards the base reducing its dependency on foreign oil, and we get free energy from the sun for the lifetime of the PV array — about 20 years."

Additionally, this type of energy is desirable because it's renewable "meaning it is energy produced by other than the burning of fossil fuels," Wells said.

As a side note, the Air Force installed solar-powered parking lights several years ago, primarily adjacent to Building 1650.

ITEMS TO RECYCLE

Newspapers
Aluminum
Plastic
Steel
Wood or plastic pallets
Glass
Tires



BY THE NUMBERS

For every ton of paper recycled:
17 trees are saved
4 cubic feet of landfill space is unused
3.5 KWH hours of electricity are saved
3 gallons of water are saved
3 gallons of oil are saved



Long Term Parking Available to Deployed Personnel

BY AZ2 CRYSTAL S. JANES, FRC WEST

Long-term parking on base is now available to personnel who leave for deployment.

After noticing several vehicles on base in different locations which never moved, it was discovered that many of these vehicles belonged to owners on deployment.

"These [vehicles] sometimes created problems for others needing to use the parking areas, and there was no means to contact the owners," said Sidney Miyakawa, facilities management director at Public Works.

Other issues concerning the seemingly-abandoned vehicles could also include expired stickers, flat tires or theft, MA1 Matthew Haylow said.

To address these and other

ongoing issues, then NAS Fort Worth JRB Executive Officer Cmdr. Richard Augenstein initiated a plan to manage vehicles for personnel on deployment.


Individuals going on deployment who wish to leave their vehicles on base will have to apply for a space from the Visitor Control Center. Owners will place an issued placard on the dash of the vehicles to indicate their permission and emergency contact information while they are away.

The Security Department will regularly patrol the parking lot to control access and maintain the integrity of the system, Haylow said.


Long-term parking will be available at the parking lot on

continued on page 7


Go Light on Lights



Do you really need the lights? If there's natural daylight in your workspace, try turning off your overhead lights. If the morning is dark, see if you can leave the lights off after you return from lunch. You can use task lighting to supplement the daylight in specific areas that need more light. It uses a fraction of the energy that lighting a whole room does.



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VR-59 becomes temporary home for C-40A from Boeing on behalf of U.S. Naval Reserve

BY AZ2 CRYSTAL S. JANES, FRC WEST

Last month, the Boeing Company introduced the 10th operational C-40A Clipper into the U.S. Naval Reserve aircraft inventory. The C-40A Clipper is replacing the Navy Reserve's aging C-9B Skytrain II.

On Nov. 19, crew members from Fleet Logistics Support Squadron (VR) 59 flew the aircraft in from the Boeing facility in Wichita, Kan.

The aircraft will remain here at NAS Fort Worth JRB until the expected completion of VR-56's hanger in the spring of 2012. Crews here on base will provide transition training for crews at NAS Oceana in Virginia Beach, Va., according to www.Boeing.com.

"VR-59 will be providing transition training to VR-56 aircrew starting in June 2011. We will not be the only squadron involved ... VR-57 (SD) and VR-58

(Jax) will also assist in the transition training," said VR-59 Executive Officer Cdr. Scott Eargle.

The total allotment of C-40As per squadron is three, Eargle said. The existing 10 operational C-40As are currently divided between three squadrons: VR-57, VR-58 and VR-59. Two more C-40As are on order.

"VR-58 will take delivery of aircraft No. 11 in spring 2011, and VR-57 will accept No. 12 during the fall of 2011," Eargle said.

Once the hanger at VR-56 is completed, these aircraft will complete its inventory.

"The C-40As mission is to provide worldwide logistics support to all military services. In a nutshell, we transport people and cargo all over the world in accordance with Combatant Commander requirements," Eargle added.

'VR-59 will be providing transition training to VR-56 aircrew starting in June 2011'



VR-59 is home to a new C-40A Clipper from Boeing; the aircraft will eventually go to NAS Oceana in Virginia Beach, Va., once that base's hanger is complete. For the time being, it will stay here at NAS Fort Worth JRB. PHOTO BY MC2 (AW) BRADLEY DAWSON

December 7th Pearl Harbor Memorial Service



Naval Air Station Fort Worth JRB
10 a.m. at the Lakeside Marina

7:30 a.m. Breakfast 11:15 a.m. Lunch 1 p.m. Reception

RSVP to: 817-782-7858



"In memory of our fallen comrades"

Blue Angels returning in April

Next year, 2011, marks the Centennial of Naval Aviation.

To commemorate this historic occasion, NAS Fort Worth JRB will celebrate with a free Air Power Expo featuring the Navy's Blue Angels on April 16-17. Mark this on your calendars now to attend!

Check the show's website, www.airpowerexpo.com, frequently for updates.

– Staff Report

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Brandenburg Assumes role as Navy Reserve Commander, U.S. 7th Fleet

BY ENS DESIREE V. WOODMAN, 7TH FLEET PUBLIC AFFAIRS



Vice Adm. John M. Bird, director, Navy Staff, congratulates incoming Navy Reserve U.S. 7th Fleet Det. 111 commanding officer Capt. Glenn R. Brandenburg, as Rear Adm. George W. Ballance, deputy commander, U.S. 7th Fleet and outgoing commander Capt. John F. Weigold (left) look on during a change of command ceremony at Naval Air Station Fort Worth Joint Reserve Base. PHOTO BY LTJG NELSON H. BALIDO

Navy Capt. Glenn R. Brandenburg assumed command as Navy Reserve Commander, U.S. 7th Fleet, from Capt. John F. Weigold IV in a change of command ceremony at Navy Operational Support Center Fort Worth Nov. 13.

Visiting guest speakers for the ceremony included Vice Adm. John M. Bird, director of Navy staff, and Rear Adm. George W. Ballance, deputy commander, U.S. 7th Fleet.

A naval aviator who continuously returned to active duty to support a variety of wartime and disaster relief operations, Brandenburg received high praise and confidence from Bird at the ceremony.

"You bring an impressive record of past successes, and I know you are up to the many and varied challenges you will face in this job," Bird said.

Prior to Brandenburg's new assignment, he served as Navy Reserve Commander, 5th Fleet Maritime Operations Center, where he also worked as the chief of staff for Commander, Task Force IRAQI MARITIME in support of Multi National Forces-Iraq.

Brandenburg said he always considered Navy Reserve Commander, U.S. 7th Fleet as one of the premier units of the U.S. Navy.

"You are well trained, well led and well equipped to support the ever-growing demands upon our Navy in the 7th Fleet area of operations," Brandenburg said. "You should take great pride in your accomplishments with this unit, because I can assure you that you are highly regarded by many other operational units in

the Navy Reserve."

Brandenburg advised the unit to consider the dynamics of today's global environment and to keep abreast of the potential changes in the nation's guiding strategies and policies. He stressed the importance of effectiveness and efficiency in the way business is conducted.

"I pledge to you my very best effort to provide clear, honest, ethical and moral leadership in guiding this unit throughout my tenure with Commander, U.S. 7th Fleet," Brandenburg said. "You have earned the right to expect nothing less. We are going to work hard and play hard, so get on board and hold on tight. It's going to be a great ride."

As part of the ceremony, Weigold received the Legion of Merit medal for outstanding service from October 2008 to November 2010. His efforts directly resulted in "unsurpassed mission accomplishments, unit readiness and professional development in leading his 235-member unit, one of the largest and most operationally-intensive units in the Navy Reserve," according to his citation.

Weigold told Brandenburg, "I leave you with the finest group of Reserve officers and Sailors, mobilization ready and standing by to answer all bells."

Weigold is moving to his seventh commanding officer tour and will lead Navy Reserve Europe Command Det. 0193, directly supporting operations for joint forces in Stuttgart, Germany, while drilling at Fort Dix.



VR-46: A New Commanding Officer

BY MC2 (AW) BRADLEY DAWSON

The Executive Officer of VR-46 will take over as Commanding Officer on Dec. 17 in a brief change-of-command ceremony.

Cmdr. Commander Steven Marinello will relieve Cmdr. Steven Knight as he heads to Office of Secretary of Defense DET RPN Washington, D.C.

Marinello completed FRS training at Patrol Squadron 30 and joined Patrol Squadron 16 in Jacksonville, Fla., in September 1993. During his tour with the "War Eagles," he served as the Ordnance Branch Officer, Ground Training Officer, Readiness Officer and the Pilot Training Officer –achieving every possible pilot qualification in the P-3C Orion.

His next assignment was to Patrol Squadron 30 as an FRS Instructor Pilot. As a member of the "Pro's Nest," he served as the Airframes Division officer, Pilot Schedules Officer and the Lead Fleet Instructor Under Training Officer. During this instructor tour at the FRS, he conducted eight separate site visits and was personally responsible for the designation of 32 Fleet P-3 Instructor Pilots and 16 Flight Engineers.

In October of 1999, he left active duty and began working for Delta Airlines. Immediately affiliating with the Naval Reserve, he joined the "Crawfishers" of Patrol Squadron 94. Throughout the next three years, he served as the Quality Assurance Officer, Aircraft Division Officer and Operations



Officer.

In December of 2002, Marinello reported aboard VR-46 stationed at NAS Atlanta. He served as the Reserve Services Officer and Maintenance Officer.

In 2006, he was mobilized and fulfilled the role of Active Duty NATOPS Department Head, Officer-in-Charge and Interim Executive Officer. He has accumulated more than 3,800 total flight hours including 1,500 in the C-9B as a NATOPS Instructor and International/Overwater Aircraft Commander participating in detachments to Japan, Italy and Bahrain.

Marinello is a 1990 graduate of the United States Naval Academy where he earned a Bachelor of Science degree in Computer Science and his commission as an Ensign. After completing Naval Flight Training in Pensacola, Fla. and Corpus Christi, Texas; he earned his "Wings of Gold" and was designated a Naval Aviator in 1992.

Holiday Worship Schedule

Catholic services:

Dec. 5: Sunday Mass, 9 a.m.
Dec. 8: Immaculate Conception, 11:45 a.m.
Dec. 12: Sunday Mass, 9 a.m.
Dec. 19: Sunday Mass, 9 a.m.
Dec. 24: Christmas Eve service, 5 p.m.
Dec. 25: Christmas Day service, 9 a.m.
**No Mass Dec. 27, 28
Jan. 2: Sunday Mass, 9 a.m.

Protestant services:

Dec. 5: Sunday service, 10:30 a.m.
Dec. 12: Sunday service, 10:30 a.m.
Dec. 19: Sunday service, 10:30 a.m.
Dec. 24: Christmas Eve service, 7 p.m.
Dec. 26: Sunday service, 10:30 a.m.
Jan. 2: Sunday service, 10:30 a.m.



MWR Provides Ice Skating on Base

BY KATHLEEN BYNUM

With a nod to winter sports, NAS Fort Worth JRB's MWR is presenting two days of free ice skating on base!

Artificial Ice Events, the nation's largest synthetic ice rental company, will set up and install an artificial ice surface that requires no water or refrigeration, according to a news release. It's a totally synthetic ice surface which uses "new technology that closely resembles the skating experience of real ice."

The "rink" will be set up in the TexPlex parking lot, and in case of inclement weather, the alternate rink will be in the Fitness Center at the basketball court.

Skates will be provided by the rink.

On Friday, Dec. 10, open skating is from 4 to 6 p.m.

The rink will close from 6 to 8 p.m. for the Children's Holiday Party for children 3 to 11 years old.

Children will be able to skate during that time as well as take part in the festivities inside the center, which includes a visit with Santa and photos with Santa take by Barbara Smyers. Other party activities include decorating cookies and gingerbread men, crafts, face painting and balloon art.

Tickets for the event are on sale now at the bowling alley. Military children tickets are \$4, and guests and civilian tickets are \$5. Food and beverages will be available at additional charge.

Skating enthusiasts may return to the rink Saturday, Dec. 11 from 10 a.m. to 6 p.m.

Holiday Hours

(STAFF REPORT) The East Gate will close beginning Dec. 18 at 6 p.m. and will reopen Jan. 6 at 6 a.m. NAS Fort Worth JRB customer service facilities will observe the following schedules during the holidays.

ID Cards

Dec. 23: Half day, close at 11 a.m.

Dec. 24: closed

Dec. 25: closed

Dec. 30: Half day, close at 11 a.m.

Dec. 31: closed

Jan. 1: closed

Pass & Decal

Dec. 23: regular hours

Dec. 24: 7 a.m. to 11 a.m.

Dec. 25: closed

Dec. 30: regular hours

Dec. 31: 7 a.m. to 11 a.m.

Jan. 1: closed

Exchange

Dec. 23: regular hours

Dec. 24: 8 a.m. to 6 p.m.

Dec. 25: closed

Dec. 30: regular hours

Dec. 31: 9 a.m. to 7 p.m.

Jan. 1: 9 a.m. to 5 p.m.

Commissary

Dec. 23: regular hours

Dec. 24: 8 a.m. to 6 p.m.

Dec. 25: closed

Dec. 30: regular hours

Dec. 31: 9 a.m. to 7 p.m.

Jan. 1: 9 a.m. to 5 p.m.

The Branch Health Clinic

Dec. 23: Half day, close at 11 a.m.

Dec. 24: closed

Dec. 25: closed

Dec. 30: Half day, close at 11 a.m.

Dec. 31: closed

Jan. 1: closed

MWR facilities

Dec. 23: regular hours

Dec. 24: 11 a.m. to 5 p.m.

Dec. 25: closed

Dec. 30: regular hours

Dec. 31: 11 a.m. to 6 p.m.; reopens at 7 p.m. for New Year's bowling party

Jan. 1: closed

LIBRARY

Dec. 23: regular hours

Dec. 24: closed

Dec. 25: closed

Dec. 30: regular hours

Dec. 31: 10 a.m. to 3 p.m.

Jan. 1: closed

Parking continued from page 4

Boyington Drive next to the fuel farm, after the lot undergoes repairs, including recoating and striping for parking. About 50 parking spaces will be available.



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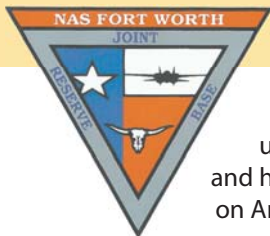
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BASE HAPPENINGS



Below: Complete with Battle Colors, units in formation stepped off at MAG HQ and headed north onto Boyington Drive, west on Arnold Avenue, north on Carswell Avenue, east on Doodliddle Drive, south on 4th Street, east on Channault Drive, south on Desert Storm, west on Hurcules and finally north on Boyington to end where they began. Sgt. Jaymes Seals. PHOTO BY KATHLEEN BYNUM



Above: In honor of the 235th Marine Corps birthday on Nov. 10, all NAS Fort Worth JRB Marines participated in a 2-mile MOTO run around base after morning PT of side straddle hops, alternating toe touches, steam engines, cherry pickers and Marine Corps push-ups. PHOTO BY KATHLEEN BYNUM



Above: Several Marines donned chef jackets and served chow at Moreland Dining Hall for the Marine Corps luncheon. From left: Sgt. Maj. JB Edwards, 8th MCD; Master Gunnery Sgt. Deon Whiteside, VMFA-112; Hospital Corpsman 1st Class Terrence Foote, MAG-41; Lt. Col. M.S. "Scott" Casey, 8th MCD XO; Col. S.T. "Ted" Studdard, 8th MCD CO; Col. Kevin Iiams, MAG-41 CO; Lt. Col. William Smith, VMGR-234 CO; Master Sgt. Ed Rambo, VMGR-234; and SgtMaj Blaine Jackson, MAG-41. The luncheon was topped off with a Marine Corps birthday cake, with each command's insignia on it. PHOTO BY KATHLEEN BYNUM



Left: These "pirates" dressed up for the October 5K Pumpkin Fun Run on base and won first place in the group costume contest. From left: AO2 Benjamin Poroda, Gregory Eckelbecker, AOC Joesph Noce and AZ2 Percy Diaz. The event started at 8 a.m. in front of the Fitness Center. PHOTO BY MC2 (AW) BRADLEY DAWSON



(Above) Commander Navy Installations Command Vice Admiral Vitale hosted his Regional Commanders Conference aboard NAS Fort Worth Nov 16-18. While here, conference participants took time to visit Lockheed Martin's F-35 assembly area. PHOTO BY FRED CLINGERMAN/LOCKHEED MARTIN

Right: The Safety and Occupational Health Department presents the letter of acceptance of NAS Fort Worth JRB from OSHA (Occupation Health and Safety Administration) to the Voluntary Protection Program, Challenge Pilot Stage 1. From left: Capt. T.D. Smyers, Jack McCallum, David Martinez, Fred Hebenicht, Chris Carter and James Wright. PHOTO BY MC2 (AW) BRADLEY DAWSON



BASE HAPPENINGS

Right: Active duty service members from NAS Fort Worth JRB joined former Women AirForce Service Pilots (WASP) at a luncheon in November honoring the elite pilot group for their service during World War II. From left: NCC Maria Tapia, AZC LaWanda Harrison, Mildred Inks Davidson Dalrymple (WASP), CMC Ellen Zubke, Betty Jo Streff Reed (WASP), MCCS Maria Escamilla and LS2 (AW) Damaris Puig. PHOTO BY MC2 (AW) BRADLEY DAWSON



Right: NAS Fort Worth JRB renamed a street in honor of WASP. WASP Court intersects Carswell Avenue on base. Several media outlets were on hand for the official unveiling of the new sign. PHOTO COURTESY OF BOB ADAMS



THE AFTERBURNER VIDEO

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EYE TWITCHING
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JAW BREAKING
TOE TINGLING
HEAD JERKING
AND,
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Left: Chief Navy Counselor Maria S. Tapia of NAS Fort Worth JRB displays a very long receipt after purchasing more than \$500 worth of groceries at the NAS Fort Worth JRB Defense Commissary Agency. The groceries will be used to build 150 Thanksgiving gift baskets for service members of all branches assigned to commands around NAS Fort Worth JRB. Tapia, Senior Chief Aviation Electrician's Mate Steven A. Reinert, along with Chief Aviation Support Equipment Technician Albert F. Storer of VR-59, coordinated the gift basket event. PHOTO BY MCCS MARIA ESCAMILLA



Above: Senior enlisted personnel from commands around NAS Fort Worth JRB finish up the assembly of 150 Thanksgiving baskets. The funds for the baskets were provided by the Service Members Assistance Fund, a community support committee from the NAS Fort Worth JRB Chief Petty Officers Association. In addition to the Thanksgiving baskets, the committee is also planning a Christmas basket and toy distribution event. PHOTO BY MCCS MARIA ESCAMILLA



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Search 'LibertyFW'

Off line?

**Connect at the
Base Library's
Computer Lab
or use the
Bowling Center's
FREE WiFi Network**

TEXADILLO CORNER: BASE ACTIVITIES FOR ALL

Veteran's Foundation Presents Check to Navy-Marine Corps Relief Society

COURTESY OF CEDAR CREEK VETERANS FOUNDATION

The Cedar Creek Veterans Foundation presented a check for \$4,000 to Sharon Zacharias, director of the Navy-Marine Corps Relief Society, and Capt. T.D. Smyers, base commander, at the Naval Air Station Fort Worth Joint Reserve Base on Nov. 29.

The donation is the first given to the nonprofit by the foundation and represents a part of the proceeds from the *Thunder Over Cedar Creek Lake Air Show*, which was on July 3, and other fundraising events during 2010.

The Navy-Marine Corps Relief Society is a private, non-profit organization which supports unmet needs of military and veterans of those services and their eligible family members and survivors. In addition to assistance with medical needs such as its Combat Casualty Assistance Visiting Nurse Program, the society provides financial and educational resources including loans and counseling to enable the Navy and Marine Corps families to achieve financial self-sufficiency and to meet emergency needs.

"We are thrilled that our volunteer efforts are able to make a significant contribution to such a worthwhile cause and very grateful to all of our supporters especially our fellow residents and the management of the Pinnacle Club," said Bob O'Neil, president of the Cedar Creek Veterans Foundation.

Joining O'Neil at the presentation were several officers and board members of the foundation.



A check from the Cedar Creek Veterans Foundation was presented to the Navy-Marine Corps Relief Society on Nov. 29. From left: Randy Ball; Capt. T.D. Smyers, commander of NAS Fort Worth JRB; Sharon Zacharias, director of the Navy-Marine Corps Relief Society; Bob O'Neil, CCVF president; Linda Thompson; Gayle Robinson; Karen Boyd; and Gary Freer.
PHOTO BY AZ2 CRYSTAL S. JANES

The Cedar Creek Veterans Foundation was established in 2009 by some residents of the Pinnacle Club in Mabank on Cedar Creek Lake to raise money for well-established nonprofits providing support services to military and veterans and their families.

For details about the CCVF, see www.ccveteransfoundation.org or www.tocclairshow.com . The CCVF is a 501(c)(3) organization.

COMMUNITY RESOURCES and ATTRACTIONS

Winners of Haunted Hayride Announced

On Oct. 29 the MWR hosted a haunted hayride contest. Winners are, First Place: Security Police Association; Second Place: FISC JAXS DET; and Third Place: Public Works MWR. First place winners received \$350; Second place received \$250; and Third place received \$150. Special thanks to the volunteers: Family Readiness Officers, Brooke O'Dea, MALS-41; Monica Hackett, MAG-41; Jude Galbo; and several other Liberty patrons.

LIBRARY

1802 Doolittle Ave.

Hours: Monday through Thursday 9:30 a.m. to 7 p.m.; Friday and Saturday 9:30 a.m. to 5:30 p.m.; Closed Sunday and holidays.

Ongoing: The Library is hosting ESL (English as a Second Language) classes every Thursday evening at 5:30 p.m. Yolanda Williams is the instructor and Co-Sponsored by FreshStart Literacy, Inc. Call for details.

Of note: The Library's new additions are Rosetta Stone, new children's and young adult's titles, provided by the Navy General Library Program. Also available new adults titles, books on CD and latest movies (rental is free).

Jan. 13: Snowflake Bentley Program at 5:30 p.m. Learn about snowflakes and make snowflakes using various types of paper.

Jan. 15: Celebrate Martin Luther King's Birthday. Refreshments will be served. Materials available about Dr. King's life and times.

TEXPLEX CENTER

1815 Military Pkwy., 817-782-6122/5505

Information, Ticket and Tours (ITT)

Fall Hours: Tuesday-Saturday from 10 a.m. to 5 p.m.

Attractions: It's Holiday in the Park at Six Flags over Texas. Enjoy the seasonal decorations, shows

and Santa. Tickets are available for \$18: 2011 season passes, play passes and combo pass, which includes Six Flags and Hurricane Harbor. Check out the four ticket season pass special and receive a free parking pass (specific rules apply).

Additional Attractions: Grapevine Vintage Railroad, Dinosaur World (Glen Rose), Fort Worth Zoo, SeaWorld, Disney World, Disneyland. New Military Salute tickets for Disney World. Stop bt or call for information and purchasing guidelines.

TORNADO LANES

1815 Military Pkwy., 817-782-6122/5505

Hours: Monday through Thursday 10 a.m. to 9 p.m.; Friday and Saturday 10 a.m. to 10 p.m.; Sunday 11 a.m. to 6 p.m. (Lanes close 15 minutes prior to center)

Ongoing: Special military group pricing available for command events and birthdays. Call 782-6122 for details.

Dec. 31: New Year's Eve Bowling Pizza Party for entire family or group (ages 13 and up, children under 13 must be accompanied by adult) for \$10 per person. Center opens at 7 p.m. for party.

Jan. 17: Celebrate Martin Luther King's Birthday with dollar days from 11 a.m. to 6 p.m. Enjoy \$1 hamburger, hot dog, fries, small drink, as well as bowling and shoe rental.

LONE STAR BAR

1815 Military Pkwy., 817-782-6122/5505

Ongoing: Free Munchies on Fridays, 4:30 to 6 p.m.

Ongoing: Monday Night Football, bar opens at 6:30 p.m. Drink specials or featured products will be available as will food service from the grill.

Feb. 6: Super Bowl Watch Party, \$10 per person includes plenty of munchies and snacks throughout the game, door prizes and more.

Note holiday hours: Dec. 24, 11 a.m. to 5 p.m.; Dec. 25, closed; Dec. 31, 11 a.m. to 6 p.m. (re-opens at 7 p.m. for New Year's Bowling Party); Jan. 1, closed.

MOVIE REEL THEATER

Best price movie and snacks available in the metroplex and for our military families

Friday through Sunday, call for times. 817-782-6037

Dec. 12: Free sneak peak preview of Yogi Bear, 2 p.m. Door will open at 1 p.m. Seating is first come, first serve (a ticket does not guarantee a seat). Tickets are available at the theater and ITT.

LONE * STAR CENTER (formerly DESERT STORM CONFERENCE CENTER)

2570 Desert Storm Road, 817-782-5293/7237

Dec. 31: New Year's Eve Casino Party will include music, food, fun and gaming. Tickets available at

ITT.

Ongoing: Call Natalie Bullock or Sandy Foy for information concerning your next conference, meeting or event. Limited spaces are still available for holiday events.

VET CLINIC

1739 Eisenhower Ave., 817-782-5608

Dec. 8, 15: The clinic will be open for the purchase of medications or to schedule appointments.

Jan. 12, 26: The clinic will be open for the purchase of medications or to schedule appointments.

FITNESS CENTER

1810 Tuskegee Airmen Drive, 817-782-7770

Ongoing: step aerobics, pilates, yoga, spin, zumba, pump-it-up, adult/children karate and personal training. Check center for days and times.

Dec. 17: Jingle Bell Team 5K Fun Run at 11 a.m. Entry forms and additional information available at front desk.

Feb. 19: Benchpress/Power Lifting Contest. Details available at center.

AQUATICS CENTER

3319 Hensley Ave., 817-782-1220

Ongoing: Water Aerobics- JRB Aquatics Center from 8 to 9 a.m.; \$1 per person.

Dec. 17: POLAR BEAR PLUNGE PIZZA PARTY, from

7 to 11 p.m. Enjoy swimming, dancing and pizza for \$5 per person. (Children under 10 must be accompanied by a parent/guardian at all times.)

MWR EVENTS

Dec. 10: Children's Holiday Party and Ice Skating from 6 to 8 p.m. Event includes a visit with Santa, professional photo, gifts, crafts, face painting, balloon art, refreshments and skating. (During the party no open skating, rink only available for children, their family or guest.)

Dec. 11: Free ice skating, open to everyone, from 10 a.m. to 6 p.m. Rink will be located in TexPlex parking lot (inclement weather rink will be in Fitness Center basketball court).

Dec. 16: Enjoy a special performance of A Christmas Carol at 6:30 p.m. at the JRB Movie Reel Theater. Seating will be first come, first serve with seating beginning at 5:30 p.m. The cast and staff are a combination of our JRB family. Free.

Dec. 31: New Year's Eve Casino Party at Lone Star Center. Party begins at 7 p.m. and includes buffet, music, party favors, champagne and casino money. Play your favorite games and enter drawings for great prizes or just enjoy the music and dancing. Tickets available at ITT. For information on rooms, call the Gateway Inn and Suites, 817-782-5393.



Rice Dives into New Pool Facility

BY KATHLEEN BYNUM

Things are going just swimmingly at the new Aquatic Center on base.

After two unfortunate failed openings in which the pipes leaked and subsequently had to be replaced, the pool is open for exercise and entertainment, Aquatic Manager Luene "Lu" Rice said.

"A lot of people don't know that we're here, and we [are waiting] to get a sign outside," she said. "Once they find out, they're here consistently, and we're steadily seeing an increase of people."

The pool is at Building 3319, next to the childcare center, off Hensley Road.

Rice, who has been on the job since mid-September, comes from a community-based, high school natatorium in Bloomfield Hills, Mich. She's been involved in the swim-related industry for 30 years.

"I was very active in Special Olympics up there," she said. Rice is curious if there is a need for such a program on base.

"One of the things we get

continued on page 19



Some of the aquatic center's staff, from left; lifeguard Colton Hill; pool Manager Lu Rice; front desk receptionist Natalie Ping; and pool maintenance officer Freddie Murphy. PHOTO BY KATHLEEN BYNUM

POLAR BEAR PLUNGE PIZZA PARTY
The Aquatic Center, Bldg. #3319, is hosting a pool party on Dec. 17 from 7 to 11 p.m.
Enjoy swimming, dancing and pizza for \$5.
Children under 10 must have a parent present at all times.

Up next:
Look for details on the Valentine Family Night at the pool in February.

Support Deployed Troops with Gift Cards

COURTESY OF AAFES PUBLIC AFFAIRS

A favorite time of year for thousands of military members serving overseas is just around the corner. While the holiday season and the gifts that accompany them always bring a sense of joy, time is running out for those considering sending mail to troops in Afghanistan and Iraq.

Regardless of the date sent, the Army & Air Force Exchange Service offers fast, easy and convenient gift cards www.flickr.com/photos/aafespa/5182576790/ that anyone can include in a package or even have sent directly to loved ones serving overseas.

Exchange gift cards can be used for candy bars, protein shakes, magazines and much more. The Exchange has also partnered with food vendors such as Subway, Burger King and Pizza Hut to ensure troops get a taste of home.

"From milkshakes to sneakers, just about anything you would think of putting in a care package is already on the ground and in these stores," said the Exchange's Chief of Staff Col. Virgil Williams.

The Exchange's infrastructure

makes the gift cards both convenient for those looking to send support and the deployed troops who receive it.

In fact, the Exchange has developed partnerships with organizations including the American Red Cross, United Service Organizations and Navy-Marine Corps Relief Society to ensure donated gift cards reach service members who need them. The Exchange takes the coordination effort and confusion out of gift giving while maximizing funds contributed.

"For many deployed service members a package is the closest they will get to their family this holiday season," Williams said. "Exchange gift cards are a great way to ensure Soldiers, Sailors, Airmen and Marines are able to get what they want at any of 81 stores and more than 200 food vendors in contingency locations including Afghanistan and Iraq."

Friends, family, and even civic groups can send Exchange gift cards ranging from \$10 to \$500 by calling 800-527-2345 or logging on to <https://shop.aafes.com/gcs/default.aspx>.

Gift Vouchers Extend Holiday Cheer to Commissary Shoppers

BY KEVIN L. ROBINSON, DEFENSE COMMISSARY AGENCY

Wanting to spread some holiday cheer? Gift vouchers do just that for authorized military shoppers!

Whether it's helping military families in need enjoy heartier holiday meals or just giving the gift of groceries to single service members in the barracks, gift vouchers are an ideal way of allowing recipients to enjoy their commissary benefit, said Thomas E. Milks, the Defense Commissary Agency's acting director and CEO.

"One of the lasting traditions of the military involves its members 'taking care of their own,'" he said. "These vouchers allow the friends and family of authorized shoppers to ... add some joy to someone's holiday meals."

Gift vouchers are available in \$25 denominations. Anyone – civilian or military – can purchase them, but only authorized shop-

pers can redeem them in a commissary.

Here are some more quick facts about gift vouchers:

- Vouchers are available at commissary customer service areas, cash offices and from cashiers at full-service checkout lanes;
- There are no additional costs for purchasing or redeeming a gift voucher;
- You cannot exchange them for cash. However, if a purchase is made in the commissary with a voucher, the purchaser will receive cash back for the unused portion of the voucher;
- The vouchers are non-refundable; and
- Vouchers expire five years after the date of purchase;

DeCA is not responsible for replacing lost, stolen, destroyed or mutilated vouchers;

Commissaries can refuse to

redeem any voucher that appears to be altered, copied or the serial number is unreadable or missing; and

Purchasers can buy an unlimited amount of vouchers. However, anyone who purchases more than \$1,000 in vouchers at one time must notify the commissary a week in advance so that the store has enough vouchers for other customer demands.

In mid-January, DeCA will unveil a gift card program, available in \$25 and \$50 denominations, which will replace the gift vouchers and allow online and in-store purchases. Once commissaries receive their first gift cards for sale, they will no longer sell gift vouchers. However, customers who have already purchased gift vouchers will be able to redeem them up to five years from the date of purchase.

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Take Care While Driving During Holidays

COURTESY OF NAS FORT WORTH JRB SAFETY DEPARTMENT

Many people drive long distances for the holidays, but it can be chaotic, time-consuming and even dangerous. Before venturing out onto the open roads, one should do a bit of planning.

It's important to map out one's route and plan plenty of rest breaks. Let family or friends know your route and expected time of arrival.

Check the weather. It may be necessary to adjust travel departure times to avoid inclement weather.

Inspect one's vehicle for safety. (See Pretrip Car Inspection)

It's imperative to be fully rested before traveling. In a survey of police officers conducted by the AAA Foundation for Traffic Safety, nearly 90 percent of officers have at least once pulled over a driver who they suspected of being intoxicated, only to find out they were

sleepy.

To lessen risk of wreck or injury, certain precautionary measures need to be taken while on the road. Follow these rules to ensure a safe holiday season.

DO NOT DRIVE WHILE SLEEPY

Some warning signs of drowsiness include the inability to recall the last few miles traveled; experiencing wandering thoughts; difficulty focusing or keeping one's eyes open; drifting out of one's lane; repeated yawning; and missing traffic signs.

If any of these events occur while one is on the road, find an appropriate place to stop, such as a rest area where one may safely take a 15-20 minute nap. Or, exit the freeway to find a place to get out of the car, stretch and get some fresh air.

WHO IS AT RISK?

Several categories of people

are prone to get drowsy while driving including, shift workers, young people, people with undiagnosed sleep disorders and business travelers. Shift workers and people who work long hours are at high risk of being involved in a sleep-related crash because the human body never fully adjusts to shift work, according to the National Sleep Foundation. Another study, conducted by the National Highway Traffic Safety Administration and the State of New York, found that young drivers are more than four times more likely to have sleep-related crashes than drivers who are older than 30. While it is important to realize that these specific groups of people are statistically most likely to be involved in drowsy driving crashes, one who does not fall into any of these groups is by no means "immune" to drowsy driving.

PREVENT DROWSINESS

The best defense against driving drowsy is to get a good night's sleep. The amount needed varies from individual to individual, but sleep experts recommend between seven to nine hours of sleep a night.

Plan to drive long trips with a companion; passengers can help look for early warning signs of fatigue, and switching drivers may be helpful. Passengers should stay awake and monitor the driver's condition.

Also, take regularly scheduled breaks — every 100 miles or two hours is a good rule to follow.

Additionally, avoid medications just before driving, especially if they include a warning stating they may cause drowsiness. Lastly, never consume alcohol before driving.

PRETRIP CAR INSPECTION

- Check all fluid levels (oil, brake, windshield, coolant).

- Inspect brakes; foot pedal should not press more than half way to the floor.

- Ensure headlights and taillights are operational.

- Make sure signals and emergency flashers work.

- Inspect tires; each tire should have at least 1 mm of tread.

- Check windshield wipers.

- Ensure horn works properly.

- Pack an emergency box, including first aid kit, flashlight with battery, fire extinguisher, blanket, flares, shovel, chains and tools.

- Keep a charged cell phone for emergencies and to keep in contact during driving breaks.

Protect Homes from Fires During Holiday Season

COURTESY OF UNITED STATES FIRE ADMINISTRATION and NAS FORT WORTH JRB FIRE DEPARTMENT

While a live Christmas tree and holiday lights bring much seasonal joy, if they're not properly inspected and cared for, they could cause serious damage, even death. Special fire safety precautions need to be taken around one's home during the holidays. Follow these tips for a safe and happy holiday.

Selecting a Tree for the Holiday

Needles on fresh trees should be green and hard to pull back from the branches, and the needle should not break if the tree has been freshly cut. The trunk should be sticky to the touch. Old trees can be identified by bouncing the tree trunk on the ground. If many needles fall off, the tree has been cut too long, has probably dried out, and it is a fire hazard. Find a fresher tree.

Caring for Your Tree.

Do not place your tree close to a heat source, including a fireplace or heat vent. The heat will dry out the tree, causing it to be

more easily ignited by heat, flame or sparks. Be careful not to drop or flick cigarette ashes near a tree. Do not put your live tree up too early or leave it up for longer than two weeks. Keep the tree stand filled with water at all times.

Disposing of Your Tree

Never put tree branches or needles in a fireplace or wood-burning stove. When the tree becomes dry, discard it promptly. The best way to dispose of your tree is by taking it to a recycling center or having it hauled away by a community pick-up service.

Maintain Your Holiday Lights

Before stringing lights, inspect them each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets and excessive kinking or wear. Use only lighting listed by an approved testing laboratory.

Do Not Overload Electrical Outlets

Do not link more than three light strands, unless the directions

indicate it is safe. Connect strings of lights to an extension cord before plugging the cord into the outlet. Make sure to periodically check the wires they should not be warm to the touch.

Never Leave Holiday Lights on Unattended. Use Only Nonflammable Decorations

All decorations should be nonflammable or flame-retardant and placed away from heat vents. **Never Put Wrapping Paper in a Fireplace**

It can result in a very large fire, throwing off dangerous sparks and embers and may result in a chimney fire.

Artificial Christmas Trees

Metallic or artificial trees can be a popular alternative to a live tree, but be sure it is flame retardant.

Use Flameless Candles

A substitute to the traditional wax candle, flameless candles provide a safer alternative to an open flame. If a family must use

continued on page 16

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First Powder Puff Tournament Blazes Way for More Female Intramurals

BY AZ2 CRYSTAL S. JANES, FRC WEST

The base held its first-ever, all-female flag football tournament on Saturday, Nov. 6. The powder puff team, Victorious Secrets, comprised of mostly Fleet Readiness Center (FRC) West and Marine Aviation Logistics Squadron (MALS) 41 females, took

"Allowing women to come together outside of work and be able to strive for a common goal and work together was absolutely amazing," said LS2 Loni BoazAnderson, FRC West, Victorious Secrets quarterback. "We practiced and played hard and built life-long relationships with other ladies in the Armed Forces."

O'Dea added, "We are looking to have another [tournament] in March, followed by an actual female league."

"Having an annual powder puff tournament would allow us to continue building ca-



Left: Victorious Secrets quarterback LS2 Loni BoazAnderson sprints toward a first down while being pursued by a Nasty Knockouts opponent.

Below: The Victorious Secrets team.
PHOTO BY BARBARA SMYERS

home NAS JRB's first ever powder puff championship trophy.

The Victorious Secrets beat the Nasty Knockouts, Marine Aviation Group (MAG) 41 Head Quarters' team, 40-0 in the championship game. Victorious Secrets team coaches included Master Sgt. Fred Cipriano, MALS 41; AD2 Freddie Roseberry, FRC West; Sgt. Leonidas Zuniga, MALS 41; AS3 Henry Cole, FRC West; and former Sgt. Kurt Richardson, MALS-41.

This inaugural powder puff tournament was arranged by Family Readiness Officers Brooke O'Dea, MALS 41, and Monica Hackett, MAG 41; Family Readiness Volunteer Janet Schmitt, 90th Aviation Support Battalion; and MWR personnel Dianne Zachry, Donna Johnston and Kerrick Gibson.

"This will be the start of an annual tournament," O'Dea said.



maraderie and allow for healthy competition," BoazAnderson said. "Creating a league would be great, especially if there was more participation from other commands and branches."

'Ball and Chain' Workshop Returns to Chapel

BY SKY RANGER STAFF

Editor's Note: This article originally ran in the February issue of the Sky Ranger, and has been updated to include new information.

Dr. M. Scott Peck says it best in the first line of his best-selling book *The Road Less Traveled: Life is difficult.*

Sometimes in spite of one's best efforts, romantic relationships don't go as planned. As a matter of fact, there were an estimated 27,312 divorces among roughly 765,000 married members of the active-duty Army, Air Force, Navy and Marine Corps as of fiscal year 2009, according to

recent reports.

The Defense Manpower Data Center reported these figures equate to a divorce rate of about 3.6 percent, compared to a 3.4 percent in fiscal year 2008.

According to the Associated Press, among Reservists the divorce rate for fiscal year 2009 was 2.8 percent, compared to 2.7 the previous year.

Want to enrich your relationship and chances of staying together? Fleet and Family Support Center can help.

Its free Ball & Chain workshop gives attendees the skills to main-

tain a healthy romantic relationship. And it's not just for married couples. Engaged couples are welcome too. And engaged couples who complete the daylong workshop receive a certificate for \$60 off of a Texas marriage license.

The workshop is Jan. 15 from 9 a.m. to 5 p.m. at the base Chapel, with free child care provided at the CDC. Attendees will receive free lunch.

The workshop will be facilitated by Robert and Barbara Zielinski, who are providers for the Twogether in Texas, a statewide

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continued on page 17



Dr. Stewart Joins FFSC

BY KATHLEEN BYNUM

Fleet and Family Support Center has added a new doctor to its ranks — Dr. Marcia Stewart recently achieved her doctorate in family studies from Texas Woman's University in Denton.

"Getting a doctorate is such a struggle," Stewart said in a recent email. "And it took a lot of endurance, hard work, long nights up and sacrifices."

She added, "I am very proud of myself, and if I had to do it over again, I would, because the [doctorate] program taught me discipline in reference to my time with my family and trying to live a halfway normal life."

Stewart is an integral part of FFSC, acting as both the sexual assault response coordinator (SARC) and new parent support home visitor coordinator.

As the SARC, Stewart trains personnel what to do in the event of a sexual assault, and also focuses on prevention.

The New Parent Support program begins well before the birth of a child.

"We start care while they're pregnant," Stewart said of the training program.

Stewart, a mom of two boys, son Timothy, and step-son Moziah, both 11, has plenty of first-hand knowledge about parenting to share with new parents.

Stewart describes with moms- and dads-to-be parenting techniques and briefings about the ages and stages of child development.

She also teaches parents about "purple cry," or recognizing the different cries of an infant.

Additionally, Stewart offers federal and local resources to service members that they may not be aware of such as WIC (women, infants and children).

Because many service members live off base, Stewart will travel to them for home visits. These times not only provide a bit of respite for a new mom while Stewart plays with the child, but also gives new moms more



Dr. Marcia Stewart of Fleet and Family Support Center works as the base SARC, or sexual assault response coordinator. She also coordinates the New Parent Support program, which aims to educate first-time parents about parenthood. PHOTO BY KATHLEEN BYNUM

training material. Usually, home visits are a couple of hours once or twice a week, depending on the need, Stewart said.

Stewart received her bachelor's degree in social work from the University of Arkansas at Pine Bluff and her master's degree in social work from the University of Texas at Arlington.

HELPFUL SITES

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www.aappolicy.org

Healthy Child Care America
www.healthychildcare.org

Healthy Kids, Healthy Care
www.healthykids.us

First Candle/SIDS Alliance
www.firstcandle.org

Association of SIDS and Infant Mortality Programs
www.asip1.org

CJ Foundation for SIDS
www.cjsids.com

National SIDS and Infant Death Resource Center
www.sidscenter.org

The Juvenile Products Manufacturers Association
www.jpma.org

National Resource Center for Health and Safety in Child Care and Early Education
http://nrc.uchsc.edu

National Institute for Child and Human Development Back to Sleep Campaign
www.nichd.nih.gov/sids/sids.cfm



New Counselor Joins FFSC

BY KATHLEEN BYNUM



Dr. Laura Loftin, a licensed clinical social worker, is a new addition at Fleet and Family Support Center. PHOTO BY KATHLEEN BYNUM

There's a new face over at Fleet and Family Support Center: Laura Loftin, a licensed clinical social worker, started at the FFSC in September as a counselor. She joins two other FFSC counselors Karen Fitzgerald and Mary Gallon.

Loftin brings plenty of experience to her new post, having worked on military bases in Meridian, Miss., and Lemoore, Calif., and in Japan. Although she's been a stay-at-home mom for some of that time, she's returning to counseling here at NAS Fort Worth JRB, focusing primarily on family advocacy. (Family advocates aim to prevent abuse within families, whether physical, emotional, verbal or sexual. Abuse can also be classified as neglect.)

"We try to get people in early," Loftin said, before a situation escalates.

FLEET & FAMILY SUPPORT CENTER CLASSES

Dec. 9: Budgeting Credit Cards - 10 a.m.

Dec. 14: Victim Advocate Refresher - 9 a.m.

Dec. 15: Anger Management - 9 a.m.

Dec. 17: Budgeting after the Holidays - 10 a.m.

Dec. 22: Couple Stress Communication

Loftin said the counselors are available to talk about any situation – from depression to divorce.

Loftin also points out that their FFSC isn't just for active duty or reserve service members, but also available for spouses and children of military personnel.

The services at FFSC are all free and all confidential, she added. "We're not criminal prosecutors; we're here to help families."

Loftin said there are a lot of resources available at the FFSC, among them, a class called "Suicide Awareness," which was Dec. 8 this month.

"The holidays are a stressful time and have a higher suicide rate," she said. "Come in and get some positive life skills. All they have to do is call and make an appointment."

There's no waiting list, she said, and many times, they can see someone that same day they call.

Loftin received her bachelor's degree in psychology from Louisiana State University and her master's degree in social work (MSW) from University of Southern Mississippi.

Loftin is married to Capt. Lowen Loftin, who is now in the Navy Reserve. She is also mother to three boys: Trey, 15; Christopher, 13; and Leigh, 9.

Exchange Rewards Students who 'Made the Grade'

BY SHARLENE PISKOROWSKI

Military children, especially those with deployed parents, face unique stresses that often result in higher rates of school absenteeism and failure, according to the American Academy of Pediatrics. Keeping these challenges in mind, the Army and Air Force Exchange Service established a unique educational rewards program that continues to receive high marks from students and parents alike.

Now in its 10th consecutive year, the "You Made the Grade" program recognizes NAS Fort Worth JRB students who achieve a "B" average or better with a benefits-filled booklet. Exclusive offers include a free Burger King kids meal, video rental and \$2 off any new-release DVD at the Power Zone, to name a few.

Students who make the grade also can register for a draw-

ing to win a savings bond worth up to \$5,000 by filling out and mailing an included entry form.

"It's simple; learning pays," said Sandra M. Jefferson, Main Exchange manager. "Promoting the benefits of a good education is what makes this program so important to us and the community we serve. This effort represents an investment in our nation's future."

To receive the "You Made the Grade" booklet, students simply present a valid military ID card and proof of an overall "B" or better average to the base Exchange. Students may receive one coupon package for every qualifying report card, but may enter the savings bond drawing only once per calendar year.

Military families can contact the Exchange at 817-738-1943 for details about "You Made the Grade."



E-6 Association seeks New Members

BY KATHLEEN BYNUM

The NAS Fort Worth JRB E-6 Association is ready for the holidays. The association, which is open to all E-6 military service members regardless of branch, is hoping to expand its membership base.

The group of about 70 members is active on and off base, participating in about three events a month.

"We do a lot of community service and fundraisers," said LS1 Desmond Jones, vice president of

the base organization.

Back in October, the group volunteered at Hangman's House of Horror in Fort Worth, which celebrated its 22 year. Hangman's, a haunted house, gives a majority of its profits to nonprofit organizations, including the American Cancer Society, A Wish with Wings and SafeHaven of Tarrant County, among others.

Jones said the group's December event is helping out with a Habitat for Humanity project in

Arlington.

In addition to helping out nonprofit organizations and charities, the group is also heavily involved in team-building and mentoring E-5 service members.

"We'll do extra PT sessions and mentor junior members ... [tell them] how to get to the next level," he said. For details on the group, contact association President AWF1 Ryan Carroll at 817-782-7318 or Jones at 817-782-6185.

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*Lightened Up
Crab Cakes*

*Main
Entrée*

Cooking Spray
2 teaspoons olive oil
2 scallions, sliced
1/2 green bell pepper, finely diced
1/2 red bell pepper, finely diced
1 jalapeno pepper, finely diced
1 tablespoon finely grated ginger root
2 cloves garlic
1 pound crab meat
1 teaspoon finely grated lime zest
1 tablespoon fresh lime juice
1/4 cup finely chopped fresh cilantro
1 large egg
1 cup Panko breadcrumbs
salt and pepper to taste

SAUCE:
1/4 cup low fat mayonnaise
1/4 cup low fat sour cream
1/2 teaspoon salt
1 teaspoon Sriracha, or to taste



Preheat oven to 425 degrees. Spray a baking sheet with cooking spray.

Heat the oil in a nonstick skillet over a medium heat. Add the scallion, green and red bell pepper, and jalapeno. Cook until softened, about 3 minutes. Add ginger and garlic and cook for an additional minute. Set aside to cool.

In a large mixing bowl, combine crab meat, lime zest, lime juice, cilantro, egg and 1/2 cup of the Panko, 1 tablespoon of the mayonnaise, and the salt and pepper. Add softened vegetables, and mix well.

Form 6 to 8 crab cakes and gently roll each in the remaining Panko. Place on prepared baking sheet. Spray the tops with cooking spray to coat lightly.

Bake for 10 minutes, turn once and bake for an additional 10 minutes to brown both sides.

Serve with spicy cream sauce and cilantro.

AAFES Facelift Begins with Food Court

BY MC2 (AW) BRADLEY DAWSON



Construction is under way at the food court and should be complete in January.
PHOTO BY MC2 (AW) BRADLEY DAWSON

The local PX here at NAS Fort Worth JRB is in the early stages of a \$4.2 million upgrade that will slowly update all Army and Air Force Exchange Services (AAFES) stores on base over the next several years.

The food court is already under construction. This is the first phase that will give the PX a whole new look.

"The food court had to be shut down because of the extent of the changes being made," said General Manger David Moring.

The construction plans are set so that only a small section of the store will be under construction at any given time; however, the sales floor will not be affected by any construction until January – well after the holiday shopping rush.

In order to push forward with the construction project, the food court and the stocking area (in the back of the building) are already in the works.

The Food Court will lose the A&W and Robin Hood vendors during this change. Charlie's Grilled Subs will move next to Anthony's Pizza upon the food court

re-opening.

Keep an eye out for a new food vendor in the PX parking lot while the food court is closed – negotiations are in progress for even more vendor options, according to Katrina Jones, AAFES service business manager.

"Taqueria Xochomilco has fajitas, tacos, rice and beans for about \$5.99 a meal," she said. "Prices range from \$1.25 for a taco all the way up to \$9.99 for a half pound of fajitas."

The Mexican taco stand is usually in the PX parking lot Tuesday through Saturday, Jones added.

While the food court is under construction, other dining options on base include: Burger King, The Chuck Wagon Grill in the bowling alley and Lewis Lonestar Real Pit Smoker in the PX parking lot.

AAFES's stores are scheduled for these image upgrades every five to seven years.

"Next year, the BXtra is scheduled to be updated," Moring said. "One of the proposed changes to the BXtra will be to add a fire arms section."

ers or matches.

Finally, as in every season, have working smoke alarms installed on every level of one's home, test them monthly and keep them clean and equipped with fresh batteries at all times. Know when and how to call for help. And remember to practice one's home escape plan.



Active Shooter Training Teaches Response to Security Threats on Base

BY AZ2 CRYSTAL S. JANES, FRC WEST

On Nov. 5, 2009, America stood by in horror after the devastating shootings at Army Post Fort Hood near Killeen, which left 13 people dead and 32 wounded. Suspect Maj. Nidal Hasan is accused in the worst attack on a military installation in history.

Locally, NAS Fort Worth JRB experienced a threatening situation back in 2005, when a Sailor attempted to commit suicide at a work center inside an administrative building, according to www.military.com. When two superiors tried to intervene, all three men were injured with one bullet when the firearm discharged, the site said. All three survived.

These events, though quite different, both underscore the necessity that all military installations are prepared for such threats.

Just three months prior to the Fort Hood incident, the DOD Police Training Division began teaching law enforcement personnel how to respond to an "active shooter/threat" according to the Federal Law Enforcement Training Center's (FLETC) curricu-

lum.

There are two types of Active Shooter Training: law enforcement and non-law enforcement.

The law enforcement training teaches peace officers how to respond to an active shooter/threat

'...Time is the factor in this [type of] event, and standing by just can't happen any longer'

situation as a one- or two-officer response.

"Seconds count," said Capt. Robert Carter, NAS Fort Worth JRB DOD Police Security Training Manager. "Surrounding the perimeter and waiting for a special response team is the old way of doing things. Time is the factor in this [type of] event, and standing by just can't happen any longer."

Carter continued, "The DOD and Department of the Navy (DON) have indicated the importance of training non-law en-

forcement 'Shelter in Place' type training."

This training for non-law enforcement teaches those who may become a victim to such an incident how to take shelter and stay alive until police have arrived. The training also teaches non-law enforcement personnel things to look for which may indicate a possible threat. For example, watching a person's hands, body posture or choice of clothing can all be clues to a possible threat. This non-law enforcement training comes from the Department of Homeland Security, Carter said.

Monthly training is conducted for law enforcers, while training for non-law enforcement personnel is conducted on an as-needed basis. The security training department will facilitate active shooter training for any tenant command requesting the program.

To request training or for details about active shooter training, contact Carter or Lt. Scott Harmon, lead police instructor, at 817-782-7140.

Holiday safety

continued from page 12

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civilian and military marriage initiative.

The Zielinskis have worked in the marriage enrichment field since 1974 and are the founders and executive directors of Marriage Management, (www.marriagemanagement.org) a non-profit organization dedicated to providing marriage and relationship enrichment services geared towards those who serve our country in the military.

The Zielinskis' workshops include topics such as what makes a healthy marriage, effective communication and conflict resolution.

They couple has been married for 40 years.

One past attendee remarked, "It doesn't matter how long you have been married, there is always something you can learn."

All participants said they

would recommend the workshop to a friend, according to an exit poll.

Registration, either by phone (903-874-0077) or online (www.marriagemanagement.org),

is required to attend. Couples may also call FFSC to register (ext. 5471 or 5472). For child care, call CDC director Kimberlee Spencer at ext. 6398.

For service members who cannot make the Jan. 15 workshop, marriage counseling is also available at The Fleet & Family Service Center. Three clinical counselors and licensed clinical social workers, Karen Fitzgerald, Mary Gallon and Laura Loftin provide free marriage counseling.

"Military members are entitled to 12 counseling sessions, but most couples' issues are resolved within six sessions," Fitzgerald said.

Recycling

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Estilow hopes that each command will appoint a recycling coordinator who would be responsible for making sure the appropriate material ends up in the proper space.

So will the base ever go paperless?

"Who knows," Estilow said. "But we can all do our part whether here or at home."

For example, not printing an email unless it is imperative helps; as does paying bills electronically, which Estilow does. Also, the sleep mode on work and home computers will save energy. (The base has already installed light sensors and other energy savers.)

Right now, the base is mostly recycling cardboard, but Estilow has initiated a plan to expand recycling to include aluminum and plastics, or UBCs – used beverage cans, and other metals (such as steel).

"Plastics – that's a high-end market," he said when asked about water bottles.

And soon, there will be more recycling bins around base, which will be clearly labeled for specific products, some reading "Recycle Plastic," or "Recycle Aluminum Cans."

Estilow plans on creating incentive programs to encourage more people to participate in on-base recycling.

"Maybe a pizza party for the command that increases its recycling," he suggested.

The base currently sells cardboard, steel and paper to Evergreen Recycling Company. A new contract, Estilow hinted, may be coming soon though.

Another aspect of the recycling center: free mulch.

"It's free to people who live on base and want to garden," Estilow said.

He added that it's not just for on-base service members, but any active-duty military personnel.

The mulch, which can be used to insulate plants and shrubs during the winter, is good quality, because Estilow is very specific about what is put into the chipper. Just call Estilow to schedule a time to pick up.

For additional information on recycling, see www.container-recycling.org/, <http://earth911.com/recycling/> and www.epa.gov/osw/conserve/rrr/recycle.htm.

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Making the SGLI Work:

Protecting Valuable Assets Through Estate Planning

BY LT ANDREW CLAYTON, JAGC, USN

Editor's Note: All names have been changed to protect privacy.

Service member Chris Sullivan died in November 1996, leaving his entire SGLI policy to his wife Linda. Sullivan's ex-wife Cindy, along with his daughter, sued Linda for a portion of the insurance. After a long legal battle, a court ruled in March 2000 that Linda was the sole beneficiary.

The emotional damage caused by this conflict must have been devastating. Furthermore, the legal dispute lessened the financial benefit Sullivan's family was supposed to receive: legal costs were substantial for both sides, and Linda did not receive the disputed amount until the legal process was finalized.

This tragic situation illustrates many of the difficult issues that service members in blended families face when determining how to distribute their SGLI benefits.

Too often, service members do not put enough thought into naming beneficiaries of their SGLI.

The sad result is, after a ser-

vice member's death, loved ones often fight over money or are left without adequate financial resources. A well-drafted testamentary trust, along with a comprehensive estate plan, can save time, money and emotional stress.

A testamentary trust is a legal entity in which you designate one person, such as a parent or a current spouse, to hold and spend money on behalf of another person, such as a child or grandchild. Often, a testamentary trust is the best way to provide for your children in the event of your death.

Service members often think that they can do the same thing by just leaving the money directly to one person, with an informal understanding of how the money will be spent.

I've had many clients initially tell me, "Just leave it to my mom, she'll take care of it."

After explaining the benefits of a trust, however, most clients come to understand why just leaving the money to one individual for the benefit of others is

not always a good idea.

Here are the top four reasons why service members with blended families should consider using a testamentary trust for their SGLI.

• \$400,000 is a lot of money.

It's enough to send several kids to college. It's enough to buy a nice house. It's enough to pay an average Chief or Gunny's basic pay for about 10 years. But most importantly, \$400,000 is enough to fight over.

• Children cannot receive money directly from the insurer.

If anyone under 18 is the beneficiary of an SGLI policy, the insurer will not release the money except to the child's legal guardian. In some cases, this can mean that an ex-spouse will receive money you did not want him or her to have. In other cases, it could mean a long, ugly battle where two relatives fight over who gets to control the money.

• A trust protects the money from your trustee's creditors and pesky relatives.

An informal, my-mom-will-take-care-of-everything "trust,"

does not provide any safeguards for your child's money, or your mom (or whoever else you may want to take care of the money for your child).

First, anyone that your mom owes money to can go after money that you intended to benefit the child. So, for example, if your mom accidentally rear-ends someone in a car accident, she can be sued and be forced to use your SGLI money to pay the judgment.

Second, anyone, including your no-good brother-in-law or good-for-nothing cousin, can ask your mom for a little help, "just this once." A testamentary trust creates a legal obligation for your trustee to spend the money only for your children and makes it much easier for your mom to turn away people asking for money.

• Your death will be a difficult and emotional situation for everyone.

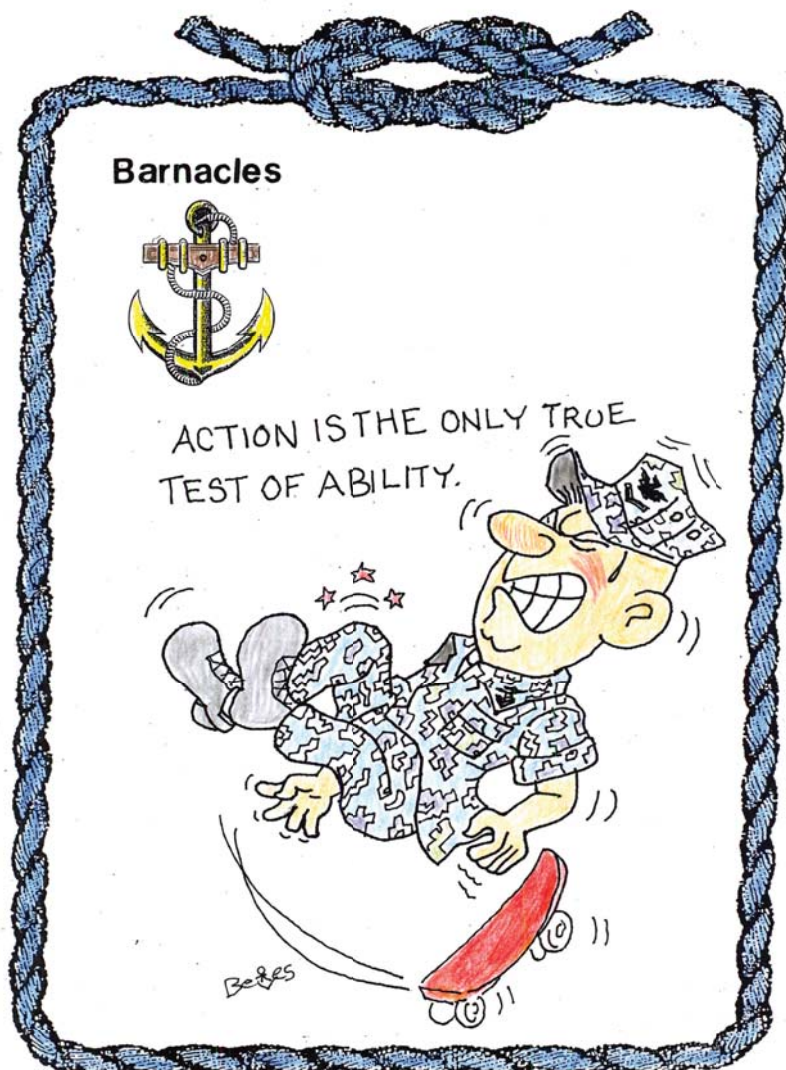
Emotions can cause people to act irrationally, irresponsible, or in other ways that cannot be anticipated. Having a trust to protect your SGLI will provide struc-

ture and guidance in a difficult time and ensure that there is no question about how you would want the money spent.

Estate planning for blended families presents several complex issues: providing financial support for children in multiple families, arranging guardianship and complying with divorce court orders. A full estate plan, created with the assistance of your local legal assistance attorney, can make sure that your loved ones are taken care of in a difficult situation

Get help from your local legal assistance office at Jacksonville, Fla. at (904) 542-2565 ext. 3006; Mayport, Fla. at (904) 270-5445 ext. 3017; Kings Bay, Ga. at (912) 573-3959; Charleston, S.C. at (843) 764-7642/44; Gulfport, Miss. at (228) 871-2620; Pensacola, Fla. at (850) 452-3734; New Orleans, at (504) 678-4692; Corpus Christi, Texas at (361) 961-3765; and Fort Worth, Texas at (817) 782-6007.

This article is not intended to substitute for the personal advice of a licensed attorney.



Exchange ID Check Goes Hi-tech

BY SHARLENE PISKOROWSKI

Implementation of an updated point-of-sale system that leverages the technological advances available through "smart" Common Access Cards is streamlining the identification process for age-restricted items at the NAS Fort Worth JRB Exchange.

"According to DOD Instruction 1330.21 and Army Regulation 215-8, Exchanges are required to restrict the sale of certain items such as alcohol and tobacco," said the Exchange's Sandra Jefferson, Main Exchange manager. "Prior to implementation of the 'smart' ID cards, exchange associates had to visually inspect the identification in order to complete the sale. Now, our scanners at the register can work directly with the card to verify eligibility."

The base Exchange's new

point-of-sale system prompts associates to check identification when a restricted item is scanned.

Scanning the bar code on the front of the shopper's ID card allows the Exchange's system to determine the customer's age and quickly complete the transaction. The system does not print the customer's birth date on a receipt or store the information in any way.

"This is a convenience issue," Jefferson said. "It's simply a matter of what is easiest for the shopper, and because the process is mechanical, another measure to help ensure minors are not in possession of age-restricted items."

Scanning IDs to verify age, Jefferson said, is consistent with DOD Instruction 1000.13, which deems "U.S. Armed Forces Identification" cards as "the primary ID

for active duty Uniformed Services members and shall be used to identify the member's eligibility for benefits and privileges."

"In this case, the Exchange is identifying whether the shopper is eligible to purchase age-restricted items," she said. "As a result, I believe this effort is consistent with the DOD's intent behind 'smart' IDs and am excited about the efficiencies combining it with the Exchanges' point-of-sale system presents. Furthermore, I'm confident this process is protecting the benefits of authorized shoppers by verifying ages on items, such as knives and mature-rated music, video and games, as well as tobacco and alcohol."

Scion Announces Winners for its 'Battle of the Builds' Competition

Scion recently announced the winners for its unique car customization challenge for teams of active duty military personnel.

The "Scion Battle of the Builds" contest highlighted the creativity, teamwork and can-do attitude of today's U.S. Military and challenged them to design a customized Scion xB.

The customized xBs were evaluated by Global Judging Automotive based on 13 criteria including paint, build quality, bodywork, interior and audio/visual entertainment.

"We are fortunate enough to travel around the country and see all different types of cars," said Nathan Leon of Global Judging Automotive. "We have seen it all, but none of those competitions have been as rewarding or as unique as the Scion Battle of the Builds."

Each of the vehicles presented had incredible inspiration, making it very difficult to pick a winner."

After the final judging, the \$14,000 Grand Prize Winner was "The Squid" created by The Salty Dogs' from the Navy Air Station, Mayport, Fla. The team was awarded a check last month in Las Vegas.

First Place went to "R&R 2011" created by team Sapper from Fort Leonard Wood, Mo. They received \$12,000, while the Marine Corps team of Kai Hei Tai from Palms, Calif., took the Second Place prize of \$10,000 for its creation xB Assault.

"All three teams did an awesome job transforming their xBs from cool concepts to complete head-turning rides," said Steve Hatanaka, Scion auto shows and events manager. "On behalf

of Scion I want to congratulate The Salty Dogs on their amazing build. I look forward to seeing this vehicle at SEMA and around the country in the coming year."

To support U.S. troops, Scion is working closely with Morale, Welfare and Recreation (MWR) of the Army, Navy, Air Force and Marine Corps commercial sponsorship units and base Auto Skills Centers.

To take a closer look at the winners, see www.battleofthebuilds.com/blog. The projects can also be viewed by visiting Scion's Facebook page at www.facebook.com/scion.

Scion, from Toyota Motor Sales (TMS), U.S.A., Inc., was developed with a new generation of youthful buyers in mind. Scion's mission is to provide distinctive products, the opportunity to



This Scion xB, dubbed "The Squid," was the grand prize winner created by The Salty Dogs' from the Navy Air Station, Mayport, Fla.

personalize and an innovative, consumer-driven process at the retail level.

The brand features three models with a wide array of standard features: the xD urban subcompact five-door; the iconic xB urban utility vehicle; and the tC sports coupe. Scion will launch the premium micro-subcompact iQ in early 2011. The Scion brand

often applies new practices in all aspects of its business and pushes the creativity envelope with non-traditional advertising and marketing to engage young consumers. Scion also supports originality through its programs in the artistic community. For more information, see www.scion.com.

--SPECIAL REPORT

Pool facility

continued from page 17

constant questions for is for swim lessons for children," Rice said. "But we have a lot of new employees, and we've got to make sure they are all properly trained before we begin."

Rice is a Lifeguard trainer, CPR trainer and is also WSI [water safety instruction] certified by the American Red Cross.

Currently, the aquatic center has 11 employees, eight of whom are lifeguards.

"The pool is beautiful; it's pristine, and we're really working on making sure we maintain it," she said.

The 313,687.5-gallon pool has two center-stripped lanes for swimming laps, a shallow area for water basketball or just floating and a deep end, reaching 12.5 feet.

The pool, heated to a constant 85 degrees, is open year-round, seven days a week and only closes for federally-recognized holidays.

Upon arriving at the pool, visitors can check out kick boards, goggles, noodles, life vests and other floatation devices.

All those items are sanitized before use, Rice said.

While the pool is used for recreation, it's also used for military

training. Harnesses are suspended from steel pipes for special military training.

"They come four times a year, and they do advanced military swim training," Rice said. "They have their own lifeguards."

So far, the morning water aerobics, from 8 a.m. to 9 a.m., have seen about a half dozen participants.

Donna Johnson, fitness director, plans to add another water aerobics class in the late afternoon and possibly a water Zumba class, if there is enough interest, but it will be after the holidays, Rice said.

That is also the time frame for swim lessons for children, which Rice envisions being on Saturday, because of school schedules.

Swimming lessons for adult active-duty military are free and are on Mondays, Wednesdays and Fridays from 11:30 a.m. to 12:30 p.m.

In addition to classes, pool events such as the Polar Bear Plunge on Dec. 17 are planned to encourage more teenage participation at the pool.

"We want to involve the community, and especially the teenagers," Rice said.

The pool operates from 6 a.m. to 8 p.m. Monday through Saturday and on Sunday from 7 a.m. to 8 p.m. for active-duty service members. Military cardholders

have access to the pool Monday through Saturday, 8 a.m. to 7 p.m.; Sunday, 8 a.m. to 4 p.m.; and on holidays, 10 a.m. to 2 p.m. Depending on military status or activity, some pool visitors may be required to pay \$1 for pool use.

Beyond classes and recreation, Rice would like to start a swim team.

"I'd like to see if there is interest to have a small swim team; we have to see, though, I don't know how competitive swim is [here], but I know in the last 15 years swim has become very popular in Texas," Rice said.

Could the interest in swimming have anything to do with eight-time Olympic gold-medal winner Michael Phelps?

"Oh, I'm sure it does ... there was such publicity," Rice said. "I'm sure that has a lot to do with it, and I'm thinking there should be some interest [in a swim team]. And we've got the bleachers which is great for any type of competitive event."

The pool also touts a state-of-the-art air conditioning system. "You can tell it's working if it's inflated," she said.

Locker rooms are equipped with bathrooms, showers, lockers and a swimsuit dryer (which will be installed after the first of the year).

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